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| **BREKKY [FROM 7, ALL DAY]** |  |  |
| COCONUT RICE w. Mango, Pistachio, RaspberryGRANOLA , Coconut Yoghurt, Seasonal Fruit | 1616 |  |
| BANANA + COCONUT BREAD w. Ricotta gf | 9 |   |
| TOAST SOURDOUGH | GRAIN | GF Add 1 | 7 |  |
| Soft Boiled Egg 3 | Gravalax 8 | Dbl Smoked Ham 6 Ricotta 4 | Tomato 4 | Avo 5 | Bacon 6 |  |  |
| THREE CHEESE TOASTIE Sandwich Relish, Zucchini Pickle | 14 |  |
| BLT w. Cheddar, Relish, LeavesBACON + EGG BUN + Relish + Leaves | 1615 |  |
|  |  |  |
| BREAKFAST PLATE w. Labneh, Egg, Israeli Salad, Avo, Relish, Toast | 20 |  |
| GRAVALAX w Ricotta, Pickled Onion, Capers, Herb Salad, Sourdough | 24 |  |
| AVOCADO BREAKFAST w. Coriander, Lime, Chili, Sourdough | 18 |  |
| **LUNCH [FROM 11]** |  |  |
| **SANDWICH or SALAD** (Add +$4) |  |  |
| CHICKEN Poached, Aioli, Lemon, Dill + Rocket | 16 |  |
| PASTRAMI w. Cheddar, Mustard, Sauerkraut | 18 |  |
| TUNA w. Capers, Truss Tomato, Radicchio | 16 |  |
| **SALAD** |  |  |
| SMOKED TROUT w. Crisp Capers., Fennel, Radicchio, Kipfler Potato | 24 |  |
| GREEN w. Leaves, Cucumber, Avo, Pickled Cabbage, HazelnutAdd Poached Chicken | Tuna | Trout 8 each | Soft Boiled Egg 3 | 18 |  |
|  |  |  |
| CHICKEN + LEEK PIE w. Relish, Rocket & Parmesan Salad | 18 |   |
| **BREKKY [FROM 7, ALL DAY]** |  |  |
| COCONUT RICE w. Mango, Pistachio, RaspberryGRANOLA Coconut Yoghurt, Seasonal Fruit | 1616 |  |
| BANANA + COCONUT BREAD w. Ricotta gf | 9 |   |
| TOAST SOURDOUGH | GRAIN | GF Add 1 | 7 |  |
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| **LUNCH [FROM 11]** |  |  |
| **SANDWICHES** |  |  |
| CHICKEN Poached, Aioli, Lemon, Dill + Rocket | 16 |  |
| PASTRAMI w. Cheddar, Mustard, Sauerkraut | 18 |  |
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| GREEN w. Leaves, Cucumber, Avo, Pickled Cabbage, HazelnutAdd Poached Chicken | Tuna | Trout 8 each | Soft Boiled Egg 3 | 18 |  |
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| CHICKEN + LEEK PIE w. Relish, Rocket & Parmesan Salad | 18 |   |
| **DRINKS** **COLD PRESSED JUICE**  |  |  |
| DAILY GREEN Celery, Silverbeet, Pear, Apple, Lemon, Ginger  |  |  |
| WATERMELON Watermelon, Apple, Strawberry, Lime  | 8 |  |
| HEARTBEET Beetroot, Carrot, Apple, Ginger, Lime  | 8 |  |
| SUBLIME PINE PineApple, Apple, Pear, Lemon, Mint  | 8 |  |
| ORANGE | 8 |  |
|  |  |  |
| **COLD DRINKS** |  |  |
| COKE - REGULAR, NO SUGAR | 4.5 |  |
| ORGANIC YUZU, BLOOD ORANGE, PINK GRAPEFRUIT | 4.5 |  |
| SPARKLING WATER 250ML | 4.5 |  |
| SPARKLING WATER 500ML | 8 |  |
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| **ICED DRINKS** |  |  |
| Iced Coffee / Chocolate | 8 |  |
| MILKSHAKES[Belgium Chocolate, Vanilla Bean, Strawberry] | 8 |  |
|  |  |  |
| **COFFEE / TEA** |  |  |
| Coffee, Chai, Hot Chocolate | Reg 4.5Lge 5 |  |
| Soy, Almond, Oat, Lactose Free, Decaf | 0.5 |  |
| Baby Cino | 2 |  |
| English Breakfast, Earl Grey, Peppermint, Green, Lemongrass | 4 |  |
| Prana Chai | 5 |  |

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| **DRINKS** |  |  |
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| SUBLIME PINE PineApple, Apple, Pear, Lemon, Mint  | 8 |  |
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